



# START HERE

Cognito 6-Inch Performance Lift Kit with Fox performance series 2.0" remote reservoir shocks for 2011-2019 GM 2500HD/3500HD 2WD/4WD Trucks

## INSTALL SUMMARY SHEET:

**Cognito 6-Inch Performance Lift Kit with Fox performance series 2.0" remote reservoir shocks for 2011-2019 GM 2500HD/3500HD 2WD/4WD Trucks**  
SKU: 110-P0969

### PARTS LIST FOR SKU: 110-P0969

QTY.	PART #	DESCRIPTION
1	110-70001	2011-2019 GM 8-Lug 4"/6" Sub-Frame Component Box
1	110-70002	2011-2019 GM 8-Lug 4"/6" Spindle Component Box
1	110-70004	2011-2019 GM 8-Lug 4"/6" 4WD Component Box
1	110-70116	2011-2019 GM 8-Lug 4"/6" Non-Torsion Drop Component Box
1	110-90177	3" Block and 17.5" U-bolt Kit (fab/straight)
1	110-90258	2011-2019 GM 8-Lug .5" Front Shock Extender Kit
1	110-90270	2011-2019 GM 8-Lug Torsion Bar Keys
1	110-90772	2011+ GM 8-Lug Forged Pitman and Idler Arm Support Kit
1	110-91071	2011-2019 GM 8-Lug Press In Ball Joint SM Series Upper Control Arm Kit
2	210-90214	Fox Performance Series Front 2.0" Remote Reservoir Shock
2	210-90215	Fox Performance Series Rear 2.0" Remote Reservoir Shock



## WARNING

Please read this entire instruction sheet before beginning installation. Proper installation of these components requires a qualified mechanic. Always wear safety glasses when using power tools and take appropriate precautions when working under a vehicle. If these instructions are not properly followed you may jeopardize your, and your passenger's safety, and severe frame, suspension or tire damage may also result from improper installation.

## INTRODUCTION

Thank you for purchasing the Cognito 6" Performance Lift Kit. This kit is designed to lift your vehicle 3" in the rear and 6" in the front with added droop travel. This kit also includes Cognito SM Series Control Arms, Cognito Forged PISK, and Fox Performance Series Remote Reservoir Shocks for all 4 corners ensuring proper ride quality.

## TECHNICAL INFORMATION

- Torsion bar loading tool is required for this installation.
- Cutting of the OEM frame and suspension components is required.
- Front-end alignment will be required after completion.
- This kit requires advanced mechanical procedures that should only be performed by a qualified mechanic.
- Only the shocks supplied in this kit can be used with this lift package.
- This lift kit may only be installed on a truck that has not already been lifted or leveled. You cannot stack leveling kits or shock spacers.
- Proper vehicle lifting equipment is required. Always make sure the vehicle is properly supported and **never work under an unsupported vehicle.**
- Check the parts and hardware packages against the parts list in each instruction set to assure that your kit is complete.
- Be sure to read though all install instructs include with this kit prior to attempting installation and heed all warnings, failure to comply with all warnings and requirements can lead to an accident and serious injury.



This Kit Install Summary will guide you through the **necessary order of steps** to install each of the individual components that comprise this kit in the required sequence to safely complete full and proper installation.

The proper installation of this combination of products is dictated by the necessary sequence in which each component must be installed to avoid access, interference or clearance issues that will result in unnecessary disassembly and reassembly and potential safety hazards.

This document will guide you through the sequence of operations, which includes preparatory work and the prescribed order for installing components – by referring you to the individual instructions packaged with each Cognito component for detail on how each kit component is properly installed.

**YOU MUST FOLLOW THESE STEPS IN SEQUENTIAL ORDER FOR PROPER INSTALLATION OF THIS KIT.**

**REVIEW TECHNICAL NOTES AND REQUIREMENTS OF THE INDIVIDUAL INSTALLATION INSTRUCTION SHEETS INCLUDED WITH THIS KIT BEFORE BEGINNING.**

## INSTALLATION

1. Begin by locating the 6 instruction sheets **7024**, **7037**, **7057**, **7223**, **7271**, and **7385** included with this kit. You will need them **all** to do this install. If instructions are missing or damaged, contact Cognito Motorsports for where to find replacements.
2. Start with instruction set **7223**. Check to make sure you have all parts on the parts list. Work through until instructed to install the Pitman and Idler Arm Support Kit.
3. Refer to instruction set **7271** to install the Cognito Pitman and Idler Arm Support Kit. Check to make sure you have all parts on the parts list . Work on the instructions from start to finish, but do not reinstall the metal OEM skid plate as stated within the **7271** instructions.
4. After the Cognito Pitman and Idler Arm Support Kit is installed, go back to instruction set **7223**. Continue where the install left off until instructed to install the Cognito Upper Control Arms.
5. Refer to instruction set **7385** to install the Cognito Upper Control Arms. Check to make sure you have all parts on the parts list. Work through until instructed to install the Cognito control arms onto the truck, stop at this point and do not install the Cognito UCA.
6. Locate **210-90214**, refer to instruction set **7057** to install the shock spacer kit and Fox shocks. Check to make sure all parts on the parts list are accounted for. Work through until the front shock are installed back into the vehicle with the Cognito Front Shock Extender Kit.
7. Refer back to instruction set **7385** to install the Cognito upper control arms, pick up where the install left off. Work through until instructed to install the wheels and tires onto the truck, stop at this point and do not install the wheels and tires.
8. After the Cognito Upper Control Arms are installed, go back to instruction set **7223**. Continue where the install left off until instructed to install the torsion keys.



## INSTALLATION – CONT'D

9. Refer to instruction set **7037** to install the Cognito torsion keys. Check to make sure you have all parts on the parts list. Work through until the Cognito torsion key are install onto the vehicle but not loaded.
10. After the torsion keys are installed, go back to instruction set **7223**. Continue where the install left off until instructed to install the rear lift components.
11. Refer to instruction set **7024** to install the rear blocks and U-bolts. Work on the instructions from start to finish.
12. After the rear components are installed, refer back to instruction set **7223**. Continue where you left off, and work through the rest of them to completion.
13. Locate **210-90215**, follow the supplied Fox instructions for installation of the rear shocks.

*This completes the installation steps, enjoy your new Cognito 6-Inch Performance Lift Kit!*



## WARRANTY / RETURN POLICY / SAFETY

### **Cognito Limited Lifetime Warranty**

Cognito Motorsports, Inc. hereinafter “Cognito,” warrants to the original retail purchaser, that its suspension products are free from workmanship and material defects for as long as the purchaser owns the vehicle on which the product(s) were originally installed. This warranty will be void if any modifications are made to the components, including alterations to the surface finish, i.e.; painting, powder coating, plating, and/or welding, or if they are improperly installed. Cognito truck suspension products are not designed nor intended to be installed on “competition” vehicles used in race applications, stunt or for exhibition purposes that are outside of the intended operating conditions specified by the manufacturer. Racing and competition are defined as any contests between two or more vehicles; or vehicles competing individually on off road circuits in timed events (whether or not such contests are for an award or prize).

This warranty does not include coverage for police, taxi, government or commercial vehicles, and the warranty does not cover Cognito products sold outside of the USA. Cognito’s obligations under this warranty are specified and applied at its sole discretion, and warranty coverage is limited to repair or replacement of the defective product(s). Any and all costs of removal, installation or reinstallation; freight charges, incidental or consequential damages associated with the covered products are expressly excluded from this warranty.

The following items are exempt from Cognito limited warranty coverage: bushings, bump stops, tie-rod ends (Heim joints) and limiting straps. These parts are “consumables” and designed to wear as a normal part of their duty cycle, therefore they are not considered defective when worn. The aforementioned products are warrantied separately against defects in workmanship, for 60 days from the date of purchase. As a condition of warranty validation, respective Cognito suspension components must be installed as a complete system (not combined with non-Cognito hardware or ancillary parts). Any substitutions or omission of required components will void the warranty. Some minor cosmetic wear and imperfections may occur to parts during shipping, which is not covered under this warranty. This limited warranty does not apply to any components that have been subjected to collision damage, negligence, alteration, abuse, or misuse, and coverage does not extend to products manufactured by third-party companies. Cognito reserves the right to supersede, discontinue, or change the design, finish, part number and/or application of its parts when deemed necessary, without notice.

### **Return Policy**

Product returns will not be accepted without prior written approval from an authorized Cognito representative. All products being returned must be shipped via trackable, prepaid freight. Returned products are subject to a 25% percent restocking fee. The eligible return period for products purchased directly from Cognito is 30 days from the verified date when the product(s) were originally received by the purchaser.

### **Product Safety Advisory**

The installation of Cognito steering and suspension components will modify your vehicle’s original factory equipment and geometry, which may cause it to handle differently than a stock (unaltered) vehicle. Installation of these components is not intended to strengthen nor reinforce the vehicle’s frame, nor are they designed to increase rollover protection. It is necessary to periodically inspect all suspension and drive train components for proper attachment, torque specifications, operation, and for any potential unusual wear or damage. Installation of these parts will modify the height of the vehicle and may raise the center of gravity. Modifying vehicle height combined with off road operation may increase your vehicle’s susceptibility to rollover conditions, which may cause serious injury or death. Many states regulate allowable vehicle height modifications, and it is your responsibility to know and comply with the legal requirements specified by the laws where you reside. Modifications to your vehicle’s ride height may also affect the ride quality, driver input response, trackability and handling, and wear to your vehicle’s suspension components and tires.